**MICRO TEACHING SELF-REFLECTION FORM**

* Step 1 – Choose an area or two for particular focus
* Step 2 – Film your lesson (or part of your lesson)
* Step 3 – Watch the video and reflect upon it
* Step 4 – Watch the video again and make notes below
* Step 5 – Choose an element to share with a peer (it can be area that needs work or an area you are proud of)
* Step 6 – Re-plan, re-teach and then review again



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| **Area of focus *(eg learning to learn, questioning, differentiation, feedback )*** |
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| **Initial reflections on your presence in the classroom *(Did you move? Did you have eye contact with all students? Did you smile? Did you praise students? Did you issue any commands or feedback without talking?)*** |
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| **Feedback on area of focus *(How well did you implement the area of focus? How did students respond? Are the students being challenged and stretched? Do I use wait time effectively? How do I tie in the learning objectives? Have I set up a culture of independent learning?)*** |
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| **Which aspect of the lesson will you share with a peer/coach and why?** |
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| **Further comments after having spoken to your peer** |
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*Remember being an expert teacher isn’t just about commenting on what happens, but also spotting what didn’t happen!*